Welcome

POSITUM 2019
7TH WORLD CONGRESS FOR
POSITIVE AND TRANSCULTURAL
PSYCHOTHERAPY

Welcoming Address by Dr. Hamid Peseschkian, WAPP-President
Anniversary and Seminar Congress
50 Years Positive Psychotherapy
“Health – Culture – Psychotherapy”
6-12 October 2019, Kemer, Turkey
Welcome to the Turkish Riviera, Kemer, Hotel Limak-Limra!
5 years ago (November 2014):
6th World Congress for Positive Psychotherapy
### International Gatherings of Positive Psychotherapy (since 1997)

<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>1997</td>
<td>St. Petersburg, Russia</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; World Congress</td>
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<tr>
<td>2000</td>
<td>Wiesbaden, Germany</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; World Congress</td>
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<td>2001</td>
<td>Moscow, Russia</td>
<td>pre-conference</td>
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<td>2002</td>
<td>St. Petersburg, Russia</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt; World Congress and 4&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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<td>2003</td>
<td>Wiesbaden, Germany</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; International Training Seminar</td>
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<td>2004</td>
<td>Varna, Bulgaria</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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<td>2005</td>
<td>Odessa, Ukraine</td>
<td>6&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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<td>2006</td>
<td>Felix Spa, Romania</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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<td>2007</td>
<td>Büdingen, Germany</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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<td>2008</td>
<td>Wiesbaden, Germany</td>
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<td>2009</td>
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<td>2018</td>
<td>Wiesbaden, Germany</td>
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<td>2019</td>
<td>Kemer, Turkey</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; World Congress and 20&lt;sup&gt;th&lt;/sup&gt; International Training Seminar</td>
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Teacher at the beginning of the school year

Teacher at the end of the school year

Teaching made easier?
Anniversary Congress - **50 Years Positive Psychotherapy**

*and other occasions:*

- 50 years opening of psychotherapeutic practice of Nossrat Peseschkian (5 May 1969)
- 40 years licensed training academy in Wiesbaden (1 Nov 1979)
- 25 years WAPP resp. ICPP (1994)
- 20 years WIAP Academy (1999)
- 20 years Effectiveness Study (1999)
- 20th International Training Seminar – ITS
A global Psychotherapist
Die Erde ist nur ein Land, und alle Menschen sind seine Bürger

La terra è un solo paese e l'umanità i suoi cittadini

Земля - единая страна, и человечество - её граждане

Dünya bir ülke ve insanlık vatandaşları

La tierra es un sólo país y la humanidad sus ciudadanos

عالم يك وطن محسوب است و من على الأرض اهل آن

La Terre n’est qu’un seul pays et tous les hommes en sont les citoyens

- Bahá’u’lláh -
PASSING THE TORCH

передавая факел

Den Staffelstab übergeben
We are Global Psychotherapists
Positive Psychotherapy = global movement
A Positive Mental Health Movement

![Image of hands holding the Earth symbolizing global mental health]

[Logo image of a diamond]
Positive Mental Health Movement

**Positive Psychotherapy**
by Nossrat Peseshkian
(1977)

**Positive Psychology**
by Martin E.P. Seligman
(1998)

**Positive Psychiatry**
by Dilip V. Jeste
(2012)
Poverty

Wars today are concentrated in the poorest countries.

- Of those countries with medium development, 30 percent experienced civil war in 1997-2001.
- Of those with low development, 56 percent experienced civil war in 1997-2001.

There is more war in poor countries partly because people cannot meet their needs as easily as in richer countries. Competition for resources is fiercer and more desperate. Poorer countries have less opportunity than richer countries to develop political institutions to absorb conflict and channel it in non-violent directions. And in the poorest regions, young men may find that joining the rebels gives them security and even privileges that are not available to them if they live a normal life.

Insurgent forces that claim to speak for the poor often exploit them brutally. Those who are richer and more powerful than others can go to great lengths to protect what they have and grab some more. And poor countries are less able than rich ones to protect themselves against being looted by ruthless individuals.
Countries and participants of the 7th World Congress 2019: 385 participants from 24 countries (in alphabetic order)

- Albania
- Armenia
- Austria
- Azerbaijan
Countries and participants of the 7th World Congress 2019: 385 guests from 24 countries

- Bulgaria
- China
- Cyprus
- Czech Republic
Countries and participants of the 7th World Congress 2019: 385 guests from 24 countries

Ethiopia

Georgia

Germany

Kazakhstan
Countries and participants of the 7th World Congress 2019: 385 guests from 24 countries

- Kosovo
- Latvia
- North Macedonia
- Poland
Countries and participants of the 7th World Congress 2019: 385 guests from 24 countries

Romania

Russia

Sweden

Switzerland
Countries and participants of the 7th World Congress 2019: 385 guests from 24 countries

- Turkey
- Ukraine
- United Kingdom
- USA
Board Members (2018-2020)
Punctionality
Sharing your Opinion
Group work in a seminar
Noise in a seminar
Waiting line in the hotel restaurant
Introduction of the Program
A great danger in psychotherapy

Narcissism

нарциссизм

Narzissmus
Is it better to be big fish in a small pond or small fish in a big pond...?
“Never make fun of someone who speaks broken English. It means they know another language.”

Life-Balance
- The balance model of Positive Psychotherapy -

Body & Health („PHYSICAL“)

Future/Purpose/Goals („SPIRITUAL“)

Work/Job/Achievement („MENTAL“)

Relationships & Contacts („EMOTIONAL“)

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# Program overview of the 7th World Congress 2019

**7th World Congress for Positive and Transcultural Psychotherapy “Health – Culture – Psychotherapy” - Kemer, Turkey, 6-12 October 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday, 6 October</th>
<th>Monday, 7 October</th>
<th>Tuesday, 8 October</th>
<th>Wednesday, 9 October</th>
<th>Thursday, 10 October</th>
<th>Friday, 11 October</th>
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<tr>
<td>7:00-8:00</td>
<td>Breakfast</td>
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<td>8:00-10:00</td>
<td>Morning exercises (voluntarily)</td>
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<td>10:00-11:15</td>
<td>Plenary: &quot;Positive Psychotherapy - yesterday - today - tomorrow&quot;, Dr. Hamid Peschekian and Board of Directors</td>
<td>Plenary, Keynote lecture: Prof. Dr. Erick Messias, USA Positive Psychiatry: what it is and why it is important</td>
<td>9:30 - 11:00 Plenary: Round table discussion: &quot;Social Responsibility and Boundaries of Neutrality of Psychotherapists in a Multicultural World&quot;</td>
<td>Plenary: 4 &quot;PPT talks&quot; on different topics</td>
<td>Plenary: 3 &quot;Express-talks&quot; on different topics with discussions</td>
<td>9:30-10:00 Plenary: Keynote lecture: Prof. Dr. Afrim Blyta, Kosovo</td>
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<td>11:45-13:00</td>
<td>Plenary: 5 &quot;Express-talks&quot; on different topics with discussions</td>
<td>Plenary: Panel discussion: authors of new book on Pos. Psychiatry, Pos. Psychotherapy, Pos. Psychology</td>
<td>12:30-21:00 Organized group excursion by bus: Field trip to countryside and guided city-tour Antalya</td>
<td>Plenary: &quot;Research in Positive Psychotherapy&quot;</td>
<td>Plenary: 5 &quot;Express-talks&quot; on different topics with discussions</td>
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<td>13:00-15:00</td>
<td>Lunch break</td>
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<td>15:00-15:20</td>
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<td>平行 individual workshops/presentations*</td>
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<td>15:20-15:45</td>
<td>Arrival and registration</td>
<td>Parallel individual workshops/presentations*</td>
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<td>16:35-17:00</td>
<td>Coffee break</td>
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<td>17:00-17:20</td>
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<td>17:20-17:45</td>
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<td>Parallel individual workshops/presentations*</td>
<td>&quot;50 Years Positive Psychotherapy&quot; personal narratives Closing of the Congress</td>
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<td>17:50-18:10</td>
<td>Parallel individual workshops/presentations*</td>
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<td>18:10-19:45</td>
<td>Dinner</td>
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<td>19:45-21:15</td>
<td>19:30 Welcome Cocktail 20:00 Opening of the Congress Welcoming by the WAPP Board, Roll-call of participants</td>
<td>Presentations and reports of the Centers of Positive Psychotherapy around the world “In 90 minutes around the world”</td>
<td>Free evening</td>
<td>WAPP Annual Meeting of the members + important information about trainings and standards (guests welcome)</td>
<td>Closing ceremony: Gala dinner with dancing</td>
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</tbody>
</table>

*) Seven parallel rooms plus time slots of 20, 45, 70, or 90 minutes

"Express-talks" = 5 minutes talks with 10 minutes discussion; "PPT talks” = 15 minutes talks without discussion
Congress Format and Presentation Types

- **KEYNOTE LECTURES** are lectures that set out an important or central theme of a conference.

- **EXPRESS TALKS** are 5-minute-intensive presentations designed to inform people about Positive Psychotherapy related innovative experiences and to provoke curious thinking as well as 10 minutes of follow-up discussions guided by the questions from the audience.

- **PPT TALKS** are 15-minute-engaging and charismatic presentations exploring new ideas and implementations of the Positive Psychotherapy based on facts, science and experiences.

- **PANEL DISCUSSION** is a live discussion about a specific topic amongst a selected group of panelists who share differing perspectives in front of the plenary audience.

- **ROUND TABLE DISCUSSIONS** are discussions on a certain topic held of parties or people on equal terms.

- **SELF-EXPERIENCE GROUPS**

- **WORKSHOPS**

- **SHORT PRESENTATIONS**
Keynote Lecturers

Dr. Hamid Peseschkian (Germany):
“Positive Psychotherapy - yesterday - today - tomorrow”
Monday, 07 Oct , 10:00 h, Room Wiesbaden

Prof. Dr. Erick Messias (USA):
“Positive Psychiatry: what it is and why it is important”
Tuesday, 08 Oct, 10:00 h, Room Wiesbaden

Prof. Dr. Afrim Blyta (Kosovo):
“The Actual Medical Model: treating the symptoms and the symptoms without thinking on the cause of the illness “
Friday, 11 Oct , 9:30 h, Room Wiesbaden
Round Tables and Discussions

Panel discussion: Tuesday, 8 October, 11:45 h, Room “Wiesbaden” about the new global Book on "Positive Psychiatry, Positive Psychotherapy and Positive Psychology – Clinical Applications" by Springer Publishers, 2020

Round Table discussion: Wednesday, 9 October, 9:30 h, Room “Wiesbaden”
“Social responsibility versus therapeutic neutrality – The role of psychotherapists in today's multicultural world”

Round Table discussion: Thursday, 10 October, 11:45 h, Room “Wiesbaden”
“Research in Positive Psychotherapy – Where do science and therapeutic practice meet each other?”
Workshops and Presentations
Center Report Evening: “In 90 Minutes Around the World”

- On **Monday, 7 October**, **Centers and Associations** will present and report about their work in a plenary session.
- We will also at this occasion have a look at the **developments and future projects** of Positive Psychotherapy.
- Time of the meeting: **20:00 – 21:30 h**
- Place: Room “Wiesbaden”
WAPP Annual Meeting / General Assembly

- On **Thursday**, 10 October, the **WAPP annual meeting/general member assembly** will take place.
- Time of the meeting: **20:00-21:30 h**
- Place: Room “Wiesbaden”
- Guests are welcome!
Closing Ceremony, Gala Dinner and Dancing

On Friday, 11 October, we will celebrate together in a Closing Ceremony with gala dinner and dance.

Everyone is very welcome. Please join our party!

Time: **20:00 h**

Place: Celebration Room (downstairs)
Head Office / WAPP-Secretariat

If there is anything you need and have ordered from the Head Office (certificates, materials), or if you have money issues etc.:

Stefanie Heinen will be available during coffee and lunch breaks in the area of seminar rooms and registration desk.
Credit Points for Advanced Training

Continuing Medical Education

The Congress is certified by the State Medical Chamber of Hesse/Germany with **26 credit points** for Continuing Medical Education (certification no. VNR: 2760602019286820005, 2760602019286810006, 2760602019286800007, 2760602019286790000, 2760602019286780001).

The daily lists and certificates of attendance issued by the Medical Chamber are available at the **registration desk**.

Please sign the list every day! Thank you!
B2B encounters

Mr. Mert Akkök & Team

www.b2bencounters.com
Who works alone, adds.

Who works together, multiplies.
What is your vision?

- Where do I want to see the World Association and Positive Psychotherapy in 5 years?
- When we meet at the next world congress, how do I imagine this meeting? Who will be there? On what should I be proud to look back? What would I regret, if we have not achieved it during the coming years?
- What should be my role in the further development of Positive Psychotherapy? What have I contributed so far to PPT?
Opportunities of the next 5 days

• To meet new people and colleagues from all over the world
• To strengthen one’s identity as a Positive Psychotherapist
• Scientific exchange and new professional insights
• Common spirit and identity („family“)
• Vision about one’s own professional and life goals for the next years
• To reflect
• To relax, re-charge batteries, a little bit sun-burn
The Smartphone Psychovampire and The Facebook Psychovampire
He had over 2000 friends on Facebook, I thought it would have more people here.
Who wants change?

Who wants to change?
Who says that one individual cannot change anything?

Wer sagt, dass ein Einzelner nichts bewegen kann?

Кто сказал, что один человек не может ничего изменить?
Be the change you want to see in the World

~Mahatma Gandhi
Positive Psychotherapy (humanistic psychodynamic)

- Cognitive Behavioral
- Humanistic
- Systemic
- Analytical
If I have seen further it is by standing on the shoulders of giants.

Isaac Newton

More science quotes at Today in Science History todayinsci.com
IF YOU THINK YOU ARE TOO SMALL
TO MAKE A DIFFERENCE,
TRY SLEEPING WITH A MOSQUITO
WWW.THEJETSTREAM.COM
A thankful person is thankful under all circumstances. A complaining soul complains even in paradise.

Baha'u'llah